

Hello Latin America & Canada!

Check out *your* website at: <http://tricare15.army.mil>



- Updated Spring 2002 Conference Action Items
- International SOS Changing Long Distance Carriers!
- Info for Parents of Special Needs Childred
- Updated International SOS Website
- From the Office of the Region 15 Medical Director . . .

POCs: Remember To Send A Copy Of Orders With ALL New Enrollment Requests!

TRICARE Region 15 Spring 2002 Conference

See changes to the Attached Conference Action Items List.

Photos from the conference are available on the TLAC website at <http://tricare15.army.mil/conf15.htm>

!!!International SOS Has A New Long Distance Procedure!!!

International SOS has changed their Long Distance Carrier. Attached is the list of new access codes for Sprint by country. This new list will be included in each of the new welcome packages mailed out. The TLAC Support Office needs everyone to get a copy of these new access codes in the hands of all the Prime households in your area! If you have any difficulty in reaching the Call Center via the toll free line, contact them via the call collect number or their 24/7 email address at

phlopsmed@internationalsos.com.

Parents of Special Needs Children Need to Do Homework

This is an excerpt from an outstanding Defense Link article available at

http://www.defenselink.mil/news/Aug2002/n08082002_200208082.html

“Parents of children with special needs have homework to do before they move from one base to another. That's the advice Luz Adriana Martinez gave conferees during a discussion session at the recent 4th annual Military Child Education Coalition conference in San Antonio, Texas. Martinez knows what she's talking about because she has moved several times with her daughter, also named Luz Adriana, 13, who has mental retardation, insulin-dependent diabetes and impaired vision. Martinez is also a parent education coordinator in the Specialized Training of Military Parents office in Sierra Vista, Ariz., home of Fort Huachuca.”

Updated International SOS Website

International SOS has updated their Latin America & Canada website. It should be available mid-August 2002. One of the new features that will be available is you will be able to print a list of hospitals and primary care providers (no specialists) directly from the web.

See the changes at their website at <http://www.internationalsos.com/Private/tricare/LatinAmerica/>

From the office of the Medical Director:

Ladies and Gentlemen: We all retire or separate from the service eventually and I know if you're stationed overseas you must return to CONUS for retirement or separation outprocessing. This leads me to the issue at hand; retirement/separation physicals. The services each have their regulations concerning retirement/separation and normally will have you traveling for outprocessing, house or job hunting, or transition seminars. You should plan to get your retirement physical during this time. If you contact the TLAC Support Office (TSO) 30 – 60 days prior to a planned TDY we will help with making a physical appointment. The point of all this is that TRICARE is not going to send you on a medical TDY solely for the purpose of obtaining a retirement/separation physical examination.

The key to this is planning ahead!

COL Luke M. Stapleton, USA /s/

WPS Customer Service Phone Numbers for TRICARE Overseas are 608.301.2310 and 608.301.2311

Internet Information for Family Members

The following links will give you additional internet sites that may provide more information to help your family lead a healthy and safe lifestyle.

General Health Care and Wellness Information

TRICARE

Get more information on the military's health care program at <http://www.tricare.osd.mil/>.

LIFELines. LIFELines is an electronic mall providing quality of life information and answers to health, wellness and medical questions. <http://www.lifelines4qol.org/>

General Family Resources

FAMNET

Crossroads is a website that helps families locate a particular military installation and research information on surrounding community, education, employment, medical, housing, support, relocation, child and teen services. <http://www.famnet.com/>

Formula, Fatigues, Diapers and Duty

This site lists articles about the military's Child Development Program and facilities. <http://www.defenselink.mil/specials/childcare/index.html>

Military Child Development Program

<http://dticaw.dtic.mil/milchild/>

Military Assistance Program

This site provides family support information for service members and their families -- such as relocation, employment, and financial management <http://dticaw.dtic.mil/mapsite/>

Military Family Resource Center

This site is a comprehensive list of internet site links helpful for military families. <http://mfrc.calib.com/links.htm>

MTOM (Military Teens on the Move)

This site features a chat room, bulletin board, and other resources and information for military teens around the world to assist them with relocating and other teen issues <http://dticaw.dtic.mil/mtom/>

Overseas Brats

Overseas Brats is a website guide for military children living overseas. <http://www.overseasbrats.com/>

Sgt. Mom's

This is an interactive website developed by a military spouse with information for military family members. <http://www.sgtmoms.com/>

National Military Family Association

The NMFA Online contains information on issues concerning military families. <http://www.nmfa.org/>

Air Force Resources

Air Force Family Support Operations

This site offers a global response and diverse system of family support resources to help families adapt to the Air Force way of life. <http://www.afpc.randolph.af.mil/transition>

Army Resources

List of Army Installations

Army installation sites online links to information on Army Community Services, family and morale, welfare and recreation (MWR) programs, and the local community. www2.army.mil/installations.htm

U.S. Army Community & Family Support Center

Information on the U.S. Army Community & Family Support Center can be found at <http://www.armymwr.com>
Army Military Treatment Facilities
<http://www.armymedicine.army.mil> links to Army Military Treatment Facilities online.

Resources for Reservists

TRICARE offers help and information about your benefits when your family members are activated for extended periods <http://www.tricare.osd.mil/reserve>